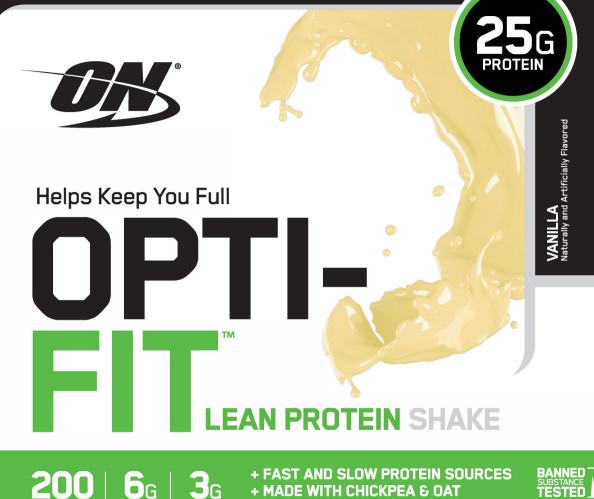
## THE TRUE STRENGTH OF SATIETY

Satiety is a feeling of fullness that can help you resist over-eating and snacking temptations. Dietary fiber supports satiety, and so do dairy proteins, which is why great tasting OPTI-FIT™ Lean Protein Shakes are made with whey and casein from milk. Chickpea and oat contribute to the fiber content along with a blend of complex carbohydrates. Watch what you eat and use ON OPTI-FIT™ Lean Protein Shake to help strengthen your willpower.

**DIRECTIONS:** As a meal replacement, add 2 scoops of OPTI-FIT™ Lean Protein Shake to a glass, shaker cup, or blender filled with 10-12 fl oz of cold water or unsweetened almond milk. Then stir, shake, or blend for 20-30 seconds or until powder is dissolved.

## SUPPORT YOUR WEIGHT MANAGEMENT GOALS WITH:

OPTI-FIT <sup>**</sup>	DAILY FIT
<ul> <li>Energy Support</li> <li>Thermogenic Fat Burning Support</li> <li>Made with Green Tea</li> </ul>	<ul> <li>Stimulant Free</li> <li>Thermogenic Fat Burning Support</li> <li>Made with Green Tea</li> </ul>



**Nutrition Facts** Serving Size 2 Scoops (51g) Servings Per Container 16

Amount Per Serving	2 scoops	Prepared w/10 fl oz of almond milk
Calories	200	240
Calories from Fat	25	60
	% D	ally Value**
Total Fat 3g*	5%	11%
Saturated Fat 1.5g	8%	8%
Trans Fat 0g		
Cholesterol 75mg	25%	25%
Sodium 200mg	8%	18%
Potassium 200mg	6%	13%
Total Carbohydrate 17	a <b>6%</b>	6%
Dietary Fiber 6g	24%	28%
Sugars 2g		
Protein 25g	50%	52%
l		
Vitamin A	20%	35%
Vitamin C	50%	50%
Calcium	40%	70%
Iron	25%	30%
Vitamin D	25%	60%
Vitamin E	20%	80%
Thiamin	20%	20%
Riboflavin	15%	15%
Niacin	20%	20%
Vitamin B6	20%	20%
Folic Acid	20%	20%
Vitamin B12	20%	20%
Biotin	20%	20%
Pantothenic Acid	20%	20%
Phosphorus	25%	30%
lodine	15%	<u>15%</u> 30%
Magnesium	25%	
Zinc	20%	20% 20%
Selenium	20%	
Copper	20%	20%
Manganese	20%	20%
Chromium	20%	20%
Molybdenum *Amount in 2 Scoops ** Percent Daily Values are based o		

Your Daily Values may be higher or lower depending on

Calories:

Less than

Less than

Less than

Less than

65g

20g

300mg

2,400mg

3.500ma

300g

25g 50g

2,500

80g 25g 300mg

2,400mg

3.500ma

375g

30g 65a

your calorie needs:

Total Carbohydrate

Dietary Fiber

Total Fat

Sat. Fat

Cholesterol

Potassium

Sodium

Protein

SUGGESTED USE: For healthy adults, consume enough protein to meet your daily protein requirements with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

INGREDIENTS: Protein Complex (Whey Protein Concentrate, Micellar Casein), Carb Blend (Chickpea Powder, Whole Oat Flour, Chicory Root Fiber, Oat Fiber, Flaxseed Protein), Natural and Artificial Flavor, Vitamin and Mineral Blend (Dimagnesium Phosphate, Calcium Carbonate, Tricalcium Phosphate Sodium Ascorbate, Ferric Orthophosphate, dl-alpha Tocophery Acetate, Niacinamide, Zinc Oxide, D-Calcium Pantothenate, Manganese Sulfate, Cholecalciferol, Pyridoxine Hydrochloride, Cupric Oxide, Thiamir Hydrochloride, Vitamin A Acetate, Riboflavin, Chromium Chloride, Folic Acid, Biotin, Sodium Molybdate, Potassium Iodide, Sodium Selenite Cyanocobalamin), Lecithin, Xanthan Gum, Guar Gum, Salt, Sucralose, CONTAINS: MILK AND SOY. MAY CONTAIN WHEAT.

OH.

MANUFACTURED BY **OPTIMUM NUTRITION, INC.** 3500 Lacev Road, Suite 1200 Downers Grove, IL 60515 1 (800) 705-5226 TRUESTRENGTH.COM

MANUFACTURED IN THE USA This product contains ingredients of international and domestic origin

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INFORMED-

**D**G CALORIES FIBER

+ MADE WITH CHICKPEA & OAT + EXCELLENT SOURCE OF FIBER

NET WT 1.8 LB (816 G) MEAL REPLACEMENT PROTEIN POWDER DRINK MIX